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Take the printout on a laminated sheet and put your shampoos/oils/water bottle over the inside circle for 30sec and done.

Kind reminder:- As we all got hair loss due to one or another problem so have

1. Patience
2. Observe Changes
3. Consistency
4. Share

Please read properly. Everything is mentioned so just get ready to have beautiful luxurious HAIRS.

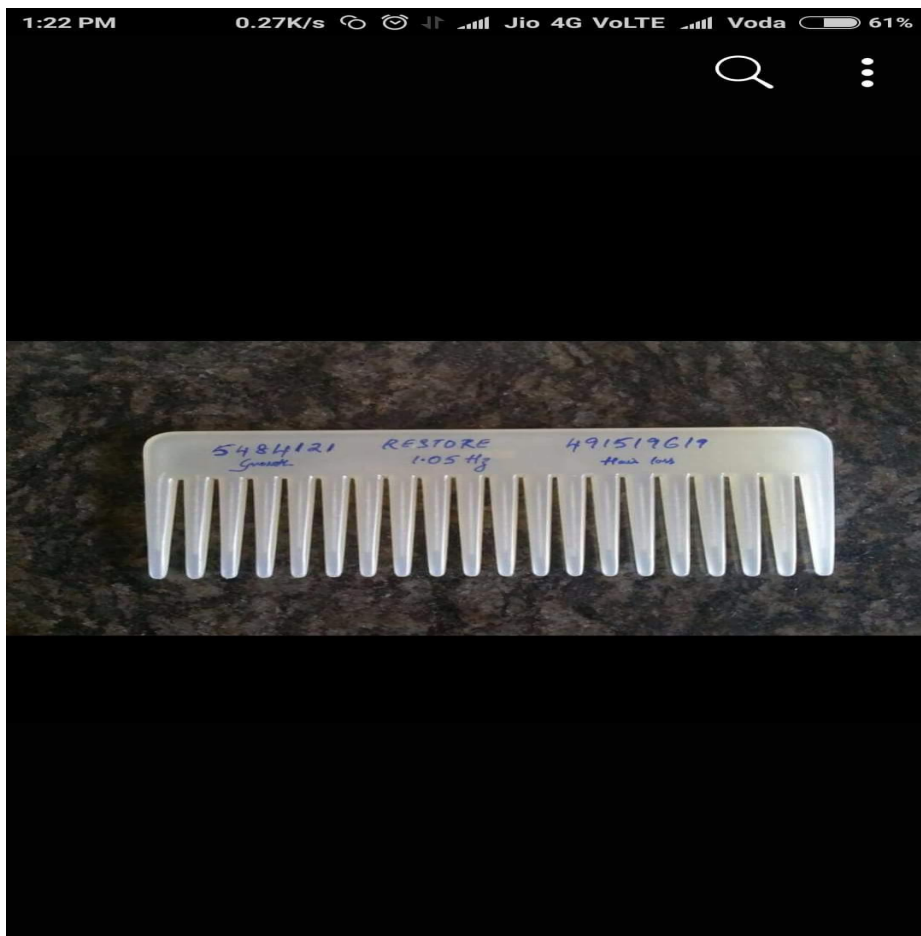
Please use a Green pen / Marker to write 1.05Hz (21days) (Left hand or body)

On the Left part of the body write with a blue pen(Kindly write as it is- the underline part)

PUT-HOLD-PRAISE-LEARN-ROOT- Hair growth

RESTORE-PUT-ADD-BE- Thicken hair

QUENCH-ROOT-STRUCTURE-ADJUST- Create a balance



On Comb(Blue Pen)

5484121–Growth

1.05Hz–Restore

491519619–Hair loss